

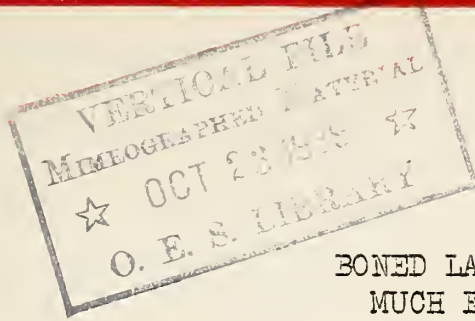
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BONED LAMB ROASTS MUCH EASIER TO SERVE

Carving lamb roasts is much easier if they have been boned and tied before cooking. This is especially true of the economical lamb shoulder, says _____, _____, _____.
(Name) (Title) (Institution)

Meat retailers will remove the irregular shaped bones from a lamb shoulder if requested, though it is not a difficult task to do at home from either purchased or home-dressed lamb. A small, narrow knife with a sharp, well-tempered blade, about 4 to 5 inches long, is the only tool needed. The knack of boning is simply to hold the knife close against each bone. It should slide along the bone, cut the muscles free, slip into the joints and cut the sinews without gashing the meat. When cleanly done, the bones can be lifted out easily.

There is a Department of Agriculture leaflet on boning lamb cuts. The number is 74-L. Pictures and text show how to make the cuts for each kind of lamb roast, how to make a pocket for stuffing, and how to sew up a cushion-style shoulder roast if that's preferred to a rolled roast.

Leg roasts are not so often boned as shoulders because they are relatively easy to carve. But the boned leg can be cut into attractive servings from one end to the other. When cold, it slices well for sandwiches. Another advantage of the boned roast, either leg or shoulder, is that the removal of the bones leaves a cavity for savory stuffing.

The double or unsplit loin is sometimes boned and rolled into one of the most delicious tender roasts obtainable. It's suitable for some gala company occasion. Whichever type of boneless lamb roast is served, should be firmly rolled, tied around in several places with strong, clean white twine. The carver begins at either end, and the roll keeps in shape until it's all used.

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